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LIVE IT!

# LAMBDA

LAURENTIAN UNIVERSITY  
JOURNAL ÉTUDIANT  
S.I.T.Y.'S  
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## Dreaded Exams Right Around the Corner!

*Fear not, for Lambda has come your studying rescue*

By: Debbie Sauvé  
Lambda Contributor

Well Laurentian students, it is that time of the year again. And if you haven't already started, you are undoubtedly dreading it...studying. Exam season has officially arrived!

So the Lambda is here to help. We have searched the web, talked to experts and have compiled a list of strategies to help ease the stress as you get ready to battle the books.

Here are some suggestions to help guide you in the right direction:

### 1. Plan ahead

Before you start, it is a good idea to take time to plan out your week. Review your plan each morning for the day ahead.

### 2. Be Creative

Don't be afraid to use all of your senses when you are studying. Draw diagrams, use colours, a tape recorder, or even discuss the material with friends. This will assist your memory.

### 3. Set Personal Goals

When sitting down to study a text book, make a decision on how long the session will be and how much you plan to complete. Write this down or put a paper marker where you aim to finish. Setting goals will help to improve your performance.

### 4. Take a break (no, really!)

Break each study session into 35 to 40 minute sessions with a short break in between.

By doing this you will retain more information.

### 5. A review a day keeps cramming away

Review lecture notes as soon as possible and then revise briefly after a day, a week and month. This will help transfer information from your short term to your long-term memory.

### 6. Study in the same place

Find a quiet place, away from distractions, with ample room to work. Once you've found it, study at the same place every time. It could be a desk in your bedroom, the kitchen table, or the library. For instance, try the Brenda Wallace room at the J.N. Desmarais Library.

### 7. Study at the same time

Figure out what time of day you can concentrate best, and what works into your schedule. Use that time everyday to study. Try to make sure it is not too late in the evening.

### 8. Cut out all distractions

You need to be able to concentrate on your homework and nothing else. The TV should be off, other people's conversations should be in another room, music should be turned down, and phone calls should be taken after you've finished studying. Any other thoughts in your mind should also be set aside for a later time.

### 9. Do the worst, first

If you are dreading a particular exam, or know it requires a lot of extra effort, do the studying for it first. Your brain will be fresh. Besides, you won't have to dwell on it while you are working on other exams.

### 10. Avoid the marathon

If you've followed the previous tips, this last one should never happen. However, you need to know that marathon study sessions are the least productive way to study.

The fact of the matter is that there are as many different ways to study as there are different people. The trick is to find the study tips that work best for you.

The above are tips that have worked best for the greatest number of people. Some of them may work for you; some of them won't, but try them all and work out your own study plan.

Good luck with exams and we'll see you next year!



## Food Plays Huge Role in Studying Successfully



By: Stephanie Worton  
Editor in Chief

When school exams draw near, students begin madly searching for study guides and tips to help with the serious cramming sessions ahead. But what about food as a top tip for study success?

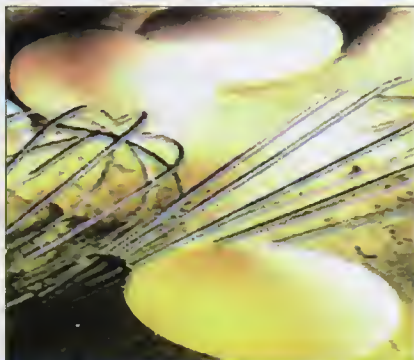
The eating patterns of these determined students can play an important role in whether or not they function at their best. Studies have shown that what you eat can make a difference to your mental performance. In fact there is a clear link between children eating breakfast

and improved classroom performance. Eating breakfast can also improve memory, particularly recall and recognition, which is very important at exam time.

Unfortunately, the latest figures from the National Nutrition Survey show that about one in four Canadian children go to school - or exams - on an empty stomach. Skipping breakfast means that our bodies go without any fuel (from food) for 10 - 15 hours since the meal the night before. Teenagers can refuel their bodies with quick and easy breakfasts such as wholegrain cereal topped with fruit and skim milk, toasted fruit bread or hot baked beans on toast.

Even students who don't have time for breakfast can grab a banana or a tub of yoghurt for a breakfast on the run. Regular nutri-

tious meals and snacks throughout the day are important to help beat energy slumps. During a late night swot, a healthy snack such as toast, a hot chocolate milk or a Banana Brain Buster (see recipe) may be just what the brain ordered!



Students studying late at night often look to caffeine fixes from drinks such as coffee, tea, cola or energy drinks to try and stay awake for those extra study hours. Although caffeine can make you more alert and awake that night, it can actually work

against you in the long term. Drinking too many caffeine drinks can make you anxious, nervous and upset your sleeping patterns. Instead it is much better to drink plenty of water throughout the day, aim for at least eight glasses a day. The brain needs water to work - without enough water you can feel tired and flat. Being tired



will also work against you and your brain while you try and plough through another Math chapter.

A good night's sleep will help students to perform at their best. A final important tip for study success is to take a break! Yes, a well earned break can do wonders, especially if you do something active. Exercise, like a walk or bike ride, can help to alleviate the stress of exams, clear your mind and help you get a good night's sleep.

So, if you are currently preparing for exams or know someone who is, just remember -regular fuel, fluid and rest for exam success!



# In Your Own Words

## A Students Thoughts on Up-coming Graduation

By: Kristin Grant-Smith  
Lambda Contributor

It seems like just yesterday I was a frosh moving into UC for the first time, and now after many an essay and all nighters my time at LU is ending. Graduating is a very bittersweet thing. On the one hand it is very exciting because you get to go out into the world and start a new career and a whole new life, but that in itself can be terrifying. It is so surprising how much LU feels like home now, and it is petrifying to think of starting all over again.

As the school year draws to a close, I realize that there are so many people who have become so much a part of my world, my friends, students with whom I have had classes with since 1<sup>st</sup> year, those familiar faces in the hallways, faces I

may never see again. It makes me kind of sad, to think that this is all going to change. Many graduates experience this feeling of anxiety of leaving, but it is important for all graduates to remember that the only constant in life is change, and that is a natural part of life, but that doesn't mean that we have to forget it.

For some our experiences at Laurentian have forever changed us. For some our career paths changed. When I first arrived at Laurentian I had aspirations of being a history teacher, little did I know that by meeting one person the course of my life would change. This student introduced me to the world of journalism and to Lambda, and now four years later now I leave Laurentian to do my masters in Journalism, thoughts of teaching long behind me, but I won't forget my roots or my experiences here, good or bad.

Lambda is where I got my start in journalism, will always be near and dear to me, it's weird and sad to think that this is the last article I will ever write for it. And as nerdy as it sounds there are also for some those professors we won't forget, those who really inspired us and or encouraged us, it's important that we recognize their influence. Meegwetchie Dr. Ambrose and Dr. Burke. As well it is important to recognize all those who have supported us.

Basically through all the sentiment what I am trying to say to my fellow graduates (pompous as I sound), as scary and sad as it might be do not be afraid of change, go out into the world and meet its challenges head on. Also be proud of your achievement incompletely your degree, there are those who can only dream of achieving what we have. Congratulations to the class of 2004!

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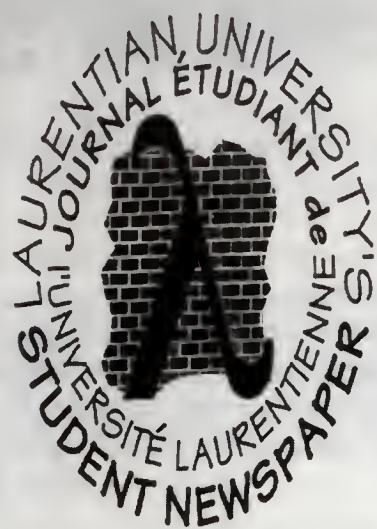
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**But please remember to include your full name and student number. Articles and letters submitted lacking this information will not be considered for print. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexual or for length. Letters of a harrasing or slanderous manner will be dealt with by the proper authorities.**

#### **E-mailed Sudmissions**

**If you are emailing us a submission for the paper, please ensure that the attached file is saved as TEXT or Word, because we cannot transfer other files to Mac format. As well, please ensure all sudmissions have your name and student number because articles submitted lacking this information will not be considered for print.**

# I Was Here, Now I m Gone, So Goodbye



**W**ell it's that time of year again. Time for a sappy goodbye article from your Editor in Chief who is finally gradu-

ating. But fear not, I'm not here to give weepy good-byes and crack inside jokes to a laundry list of people you've never heard of. Not that I'm above that, it's just that a vast majority of those people with whom I've battled in the trenches of higher education have long since graduated and have advanced the fight into the harsh reality of the "real world."

This last semester I've felt like the girl who has hung out at the party a little too long. I only went to the bathroom for a second, and came back to find the keg has been floated and that I'm all alone except for the couple making out on the couch and the dude passed out on the front porch. So breathe a sigh of relief my beloved campus, I'm not going to leave you with a frantic, teary-eyed column by an eager 22-year-old graduate (friggin' overachievers). Instead I will leave you with the quiet reflections of a world-wise (and only slightly bitter) 24-year-old graduate.

Now, all this isn't to say that I haven't valued my time here at Laurentian — quite the contrary; I wouldn't be the person I am today if it wasn't for the people, events and midterms I've encountered here in Sudbury. Our late teens and early 20s are important times in our lives. What happens to us during this period of time impacts who we are and what we do for years to come.

Ernest Hemingway, Kurt Vonnegut and Tim O'Brien all survived Great wars during this formative time in their lives and went on to become some of the most important authors of their generations. I, of course, had no Great War and instead of surviving German grenades and Vietnamese snipers, I've survived Semiotics and a forever-frustrating administration. Perhaps this is why they went on to produce classic works of western literature, and why I write meaningless blurbs in the campus newspaper. So it goes.

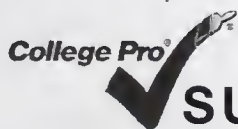
But speaking of things that piss me off, there are plenty of things about this university and city that I will be more than happy to leave behind. Take the Registrar. These guys are so uptight they make Jean Chretien look like the life of the party. And let's not forget the fine citizenry of Sudbury who provide us with good, quality homes to rent and who never complain about our presence in their fair city. Look here Ma and Pa Slumlord, you know what this town would be with out the university? A ghost totown. Odds are, the only reason you even draw the paycheck you do is in some way because of the university, so if I want to blow off some steam after a test and drink some beers and listen to my stereo after 8 p.m., deal. If you don't want to live around University and College students, **DON'T LIVE IN A UNIVERSITY AND COLLEGE TOWN!**

And I could go on about other things around here that piss me off: attendance policies, parking Nazis, the "it's always the students fault, not the University's" way of thinking, but I won't. The truth is, there are a hell of a lot more things around here that I'll miss than not. Like skipping class

in the afternoon to stay home and watch cartoons, or staying up on a Tuesday night playing drinking games until three in the morning and being able to say, "Nah, it's cool, I just have class tomorrow." And what about going to class and finding out your paper's been moved back a week, or meeting with your professor and realizing that you can actually carry on an intelligent discussion about the course. "I'll be damned, I'm actually learning." And you realize, "wow" its' somehow all been worth it.

So the time has come to leave it all behind — the parties, the slacking, the miniscule amount of fame from writing for the Lambda — and it's all been great, but it's time to move on and that's life. While it would be grand to stick around another semester and get tenure, no one wants to end up like Rob Lowe in "St. Elmo's Fire." But then again, no one wants to end up like Rob Lowe, period, but I digress. I'm not sure what my future holds and my slate is totally blank, and it's all pretty scary, but it's pretty exciting too.

So to Laurentian students, I wish I could leave you with some sage advice that you could cut out of the paper and hang on your bulletin board, but I'm just not that insightful. So instead, I'll simply leave you with this. **Your time as a student will be over before you know it. Treasure it, and enjoy it. And remember you are the reason this school exists. You have a right to a voice, so make it heard. Stand up for yourself and what you believe in. And never let anyone tell you "you can't" or aren't good enough, because those who truly matter believe that you can and will.**



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# You Know You're A LU Student When...

By Taryn Verde  
Lambda Contributor

Well, it is the last edition of the Lambda for the 2003-04 school year. I would say by now we all know the University inside and out, whether you're a first year student or graduating. To many of you, Laurentian is a place you call home and have come to notice a few characteristic things about this place that sometimes makes you beam with pride, laugh hysterically... and sometimes cry. So I asked a few people what they thought about their lovely university, pieced together their opinions and I am now presenting you with the following:

## You know you're a LU student...

-when you complain about walking up from the pit but have no problem walking home from any of the downtown bars.

-when The Pub Downunder is considered a night class offered every

Thursday (one in -which you have an A+ + +).

-when your T.A. for physics class is a fellow undergrad student that sits next to you in Chemistry.

-when snoring can be heard from the Brenda Wallace "Reading Room" in the library.

-if you have nightmares about the registrar.

-when you have stolen an extra package of salad dressing from the Great Hall because it costs 25 cents.

-when "walking across campus" means going 500 m to Thornloe when you consider a class of over 40 students as "too big".

-when half of your mark goes towards attendance.

-when profs call your house to let you know class is cancelled, or to make sure you are taking care of that nasty cold.

-if you can't go through a whole day without running into twenty people you know.

-when you can't tell the difference between the The Great Hall and the library.

-if you have made The Century Club (one ounce of beer every minute for 100 minutes).

-when the profs know your name and ask to

-if you are using lab equipment from 1941.

-if you understand how the pit got its name because driving through it is like a virtual "voyageur" ride.

-when you see someone covered in purple dye and consider it normal.

-when you get to school a half hour early, but end up being late due to the line up for coffee at Tim Horton's.

-when you've sweat buckets and had

hypothermia within the same day.

-when you have had to chew gum while climbing many flights of stairs to keep your ears from popping.

-if you have wondered if Science Caf I exists.

-when one meal at the Great Hall is equivalent to a weeks worth of groceries.

-when the whole school is power generated by the fourth floor of the Parker Building.

-If you have ever wondered where the stench of rotting bodies comes from in the underground passage.



be your friend.

-if you often feel like you have never left high-school.

-if you've had to wait in line for an exercise machine at the on-campus gym or have ever participated in the "rent-a-sock" or "rent-a-tshirt" program.

-if you've seen your life flash before your eyes while riding in the Parker Building elevators.

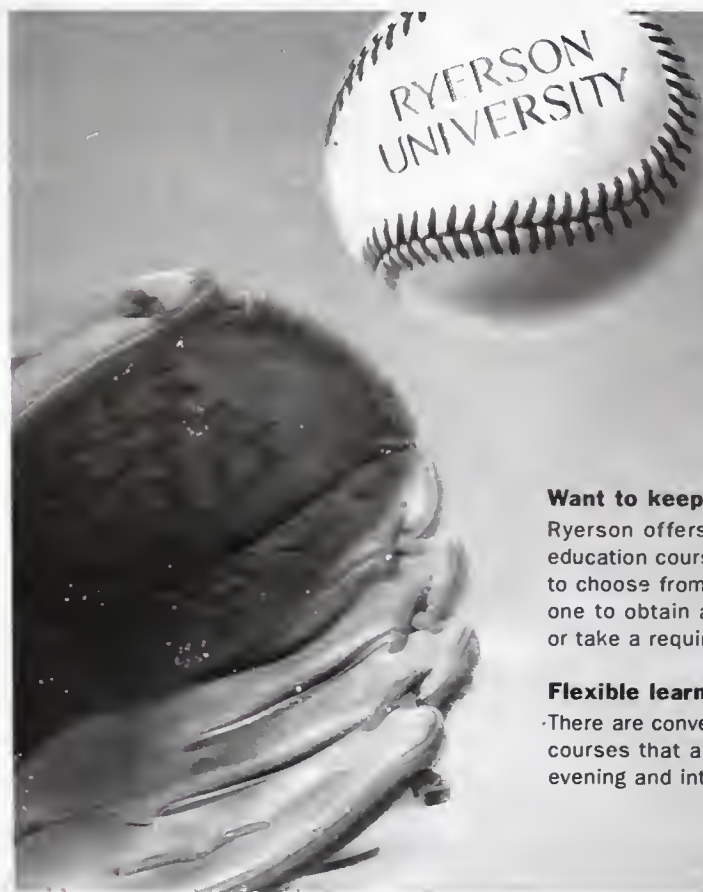
-when you see your prof Saturday morning at the grocery store and then strike up a hour long conversation.

-when you don't vote during student elections.

-if you can out-drink all your friends who go to other universities.

-if you realize how pathetic this article is (then they must be teaching you something right!)

If anything, your experience at Laurentian University has been a very interesting adventure. Your time here could be some of the best years of your life if you allow them to be. I am sure all of you have your own memories and inside jokes about your university experience, things you will never forget twenty years down the line. Enjoy the time you have here and make the best of it, because after you are done there is nothing left but the "real world".



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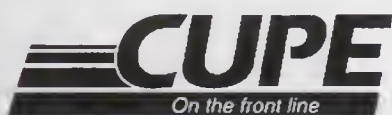
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To find out how you can join our fight for better education, better working conditions and better university funding,

Call CUPE at 1-800-362-0974

CUPE cares.  
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Derek Blackadder  
CUPE Organizing

Mary Catherine McCarthy  
CUPE Universities Coordinator



# Out With the Old...

**By: Erika Mieto**  
SGA/AGE President

On behalf of the Students' General Association I would like to congratulate and welcome our SGA Executive for 2004-2005 school year.

**Your 2004-2005 SGA Executive:**

**SGA PRESIDENT**

Cathy Carroll

**SGA VP STUDENT ISSUES**

Shailagh Keaney

**SGA VP STUDENT SERVICES**

Jessica Burnie

**Your 2004-2005 SGA Board**

**Representatives:**

**SENATORS**

Luke Norton

Kayla Secord

Caitlin Young

**CULTURAL AFFAIRS**

**COMMISSIONER**

Erica Robinson

**FRANCOPHONE AFFAIRS COMMISSIONER**

John Lennard

**OFF CAMPUS REP.**

Amanda Harrison

I wish you all the best for next year! I would also like to send out a thank you to all of our candidates who did a great job in running their campaigns. Also, I would like to thank our Elections Committee for volunteering their time to ensure that our election ran smoothly. Thank you to Kathy Bryan, our Chief Returning Officer, who did an excellent job in overseeing the entire SGA election process. For further details on the SGA Election, please see our website for complete results: [www.sga.laurentian.ca](http://www.sga.laurentian.ca)



Exiting SGA Executive from left to right: SGA President, Erika Mieto, VP Student Issues, Chas Anselmo, VP Student Services, Raye Lemke

On Friday March 26th I had the opportunity to attend Laurentian University's Annual Athletic Banquet at the Howard Johnson. Athletes of the Year honors were awarded to Cassandra Carpenter, Stephanie Kuhn and Marshall Bonner.

The Voyageur Award was presented to Dan Falcioni who will be graduating from Laurentian this spring.

On the same night, the **PUB DOWNUNDER** held their first annual **STAFF CHARITY AUCTION**. Pub Patrons had the chance to bid on their favorite Pub Staff and have the opportunity to attend an exclusive VIP Party. The event raised \$1100 for the **YWCA GENEVRA HOUSE**. A special thanks goes out to the Pub Downunder Staff who graciously supported this event and put themselves up for auction amongst the LU Public!

The **PUB DOWNUNDER** will be open regular hours up until April 17th. During the last opening week the **PUB DOWNUNDER** will be featuring – **\$\$ DAYTIME PRICES \$\$** (Wednesday April 14th thru Saturday April 17th). And be sure to make it out on **Saturday April 17th the LAST PUB NIGHT** of this school year!! Hopefully you can all take advantage and catch a break between exams and studying.

Seeing that this is my last article as President of the Students' General Association I would like to close by thanking the students of Laurentian University for allowing me to have the opportunity to represent you this year. It was both my honor and pleasure to serve the students this year. I wish you all the best! I would also like to thank Chas Anselmo, Raye Lemke, Maryse Boisvert, Tannys Laughren, and the SGA Board who I thoroughly enjoyed working with throughout the school year.

Good luck with exams in April and have a great summer!

# In With the New

## SGA/AGE President 2004-2005 Cathy Carroll

**G**reetings Fellow Students! Happy springtime to all! I am very pleased to have been elected as your 2004-2005 SGA President. Thank-you to all who voted and congratulations to Jessica Burnie, Shailagh Keaney, Caitlin Young, Kayla Secord and Luke Norton on being elected to executive positions. Congratulations also to John Lennard, Amanda Harrison and Erica Robinson on being acclaimed to your positions.

I would also like to applaud all the candidates who ran for displaying the fortitude and determination required to run for an elected position and for putting forth the time and effort of running a campaign. Finally, I would like to thank Kathy Bryan, the CRO of the elections for the great amount of effort put into the elections and for the enthusiasm with which you

performed your duties. You did an amazing job.

I am very enthusiastic for the upcoming year as the new SGA council has many exciting ideas and plans for next year. As always, feedback from you, the students, is extremely important so that we can plan events and promote issues that are important to you. Lastly, I would like to thank the departing SGA council, Erika, Raye, and Chas. You guys did an



awesome job and you leave behind some big shoes to fill. Your dedication and enthusiasm for your respective positions is an inspiration for those of us entering in this coming year.

I wish everyone best of luck with completing your final assignments and exams and I hope you all have an amazing summer. See you in the fall!

## SGA/AGE VP Student Issues Shailagh Keaney

**T**he ballots came in last Thursday for the 2004-2005 Student's General Association election.

The election races had been hard run, with intense dedication from each of the candidates. The electees are Cathy Carroll as president, Jessica Burnie as Vice President of Student Services, and myself as the Vice President of Student Issues. Congratulations also to the elected senators: Caitlin Young, Kayla Secord and Luke Norton. Thank you to all of those who participated in this process: my excellent fellow candidates, the election team, my supporters, and all of those who voted. It is so important that students be involved in their own political process; movement is absolutely necessary for one's environment to reflect who they are as individuals. So congratulations to those who took part, and props to



those candidates who did not necessarily make office this election. It will be my goal next year to politicize this campus, with more awareness events and socially-conscious moves. The SGA is a student union, after all, and has a mandate to look after student concerns. With my background in anti-oppression training an experience, I hope to be able to offer something unique to next year's student body. For the duration of my term on the SGA executive, my ears will be open to any suggestions and feedback students may have, and will be ready and willing to act with the community to alleviate student concerns.

I am looking forward to acting on the full potential of this position, and am amazed and grateful for the chance offered to me. I am in full anticipation to be part of Laurentian's future activities. See you in September!

## SGA/AGE VP Student Services Jessica Burnie

**H**i Everybody! My name is Jessica Burnie and I am your new SGA/AGE V.P. Services for the upcoming 2004-2005 year.

I just wanted to take this opportunity to thank everyone who voted in this year's elections and tell you how excited I am to get started. In the past 2 weeks, I have

met so many new people that I look forward to seeing at the SGA events next year.

I promise you all a fun filled year of old and new opportunities to socialize and inter-



act with your fellow LU students. Your involvement is important to me, and I would love to hear ANY suggestions you have for past events or new ideas for the future.

I'd also like to take this opportunity to address an important

concern already addressed to me by many students: the incredible paper frenzy of my election posters. I have already recycled my posters by donating them to a local daycare for their children to use as drawing and craft paper.

I look forward to being your SGA/AGE V.P. Services for next year.



# Lambda Horoscopes for the Month of April, 2004

**Aries****Mar.21 to Apr.19**

Partnership issues will need tending to in early April, Aries. A simple thoughtful gesture might be all that it takes to put a smile on your honey's face. The month also will be stimulated by a solar eclipse on April 19 in your zodiac sign. Since eclipses invariably bring a change in the status quo, don't be surprised if your world turns topsy-turvy for a bit. A retrograde Mercury will head back into the sign of The Ram on April 5. This is your opportunity to re-evaluate and correct mistakes of the past. Chart ruler Mars hanging out in Gemini will stimulate your thinking process and give you a new appetite for fun. Use the Martian energy to benefit everyone in the family circle.

**Gemini****May 21 to June 21**

This is the month all you Gems have been waiting for. Divine Venus, goddess of beauty and love, is about to spend the next three months in Gemini. As she retrogrades and moves forward over your planetary placements, you'll be calling the shots in the relationship game. The fun begins in early April with a full moon in your house of romance. With your reputation for fickleness, I suggest you check in with wiser heads than your own on occasion before you do any real damage to other people's feelings. This concern is highlighted by a solar eclipse April 19 in your 11th house of friendships. Remember, to keep friends you have to be one.

**Taurus****apr 20 - may 20**

Chart ruler Venus will be leaving your sign early in April, Taurus, but not to worry. She will spend the next few months going back and forth in your money house. This is a sure sign that your finances will take a turn for the better, at least through July. The April 5 full moon will activate your 6th house, so if you're planning to hire out a few household jobs, this is the time to contact the service people. An April 19 solar eclipse triggers activity in your hidden 12th house. You would be wise to use this energy in quiet meditation or even on retreat. Another option would be charitable visits to those in hospital or nursing homes. Not much fun, but better than ending up there yourself.

**Cancer****june 22 - july 22**

Balance will be the key to a successful month for the sign of The Crab. With your career house being stimulated by the April 19 solar eclipse, the folks at home might begin feeling neglected. But if you pay too much attention to domestic affairs, you could be passed over for an important promotion. As Mars has moved into the communication sign of Gemini, I suggest you use the energy to make a list of priorities and follow it to the letter. Venus will be spending the next three month in your hidden 12th house. Opportunities for a clandestine affair could well present themselves. Let your conscience be your guide.

**Virgo****aug 23 - sept 22**

Leo the Lion will enjoy a friendly connection with relatives and neighbors early in April, courtesy of the Libra full moon on April 5. You will be in top form by the 11th of the month as your chart ruler Sun makes a good aspect to powerful Pluto in the other fire signs. This grand trine presents the opportunity for you to ask for what you want and get it! Toward the middle of the month you will be feeling the effects of a solar eclipse in your 9th house of faraway places. Between that situation and Mercury's retrograde motion, I suggest you postpone travel plans until May.

**Leo****july 23 - aug 22**

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**Scorpio****oct 24 - nov 21**

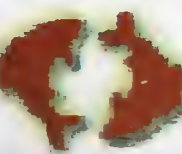
The April astrological news for Libra is so good we hardly know where to begin. The April 5 full moon is in your sun sign and you'll be radiating that silvery lunar charm all month long. Also, with Mars and Venus, the lovers of the zodiac, playing footsie in another air sign (Gemini), you will have more romantic opportunities than you dreamed possible. All this will culminate with an exciting solar eclipse in your 7th house of partnership on April 19. This looks like commitment-time, but with Mercury in retrograde motion until the end of April, I suggest you wait until April 30, or shortly thereafter, before making any life-altering decisions.

April will be a slow starter for Scorpios because most of the planetary activity and lunations will go on in your "hidden" houses. Take your cue from the celestial spheres, and spend the month developing plans behind the scenes. When the sun moves into Taurus late on April 19, you'll find at least one partner happy and willing to help out with your latest project. Two romances, (yes, two!) are likely this month as your chart ruler Mars drops into the dual sign of Gemini for a visit. Venus, goddess of love, will be there too, so anything can happen, and most likely will. Pay attention to any out-of-the-ordinary health issues through the end of the month.

**capricorn****dec 22 - jan 19**

A powerful aspect between the Aries sun and Pluto in Sagittarius on April 11 brings a jolt of energy to The Archer. Make the most of it. Life hasn't been easy with your chart ruler Jupiter spending so much time in picky Virgo, the sign of its detriment. We know you love action on a large scale, and your frustration level has peaked in the past eight months or so. Take heart. Things will greatly improve by the summer's end. A solar eclipse in your 5th house of children and creativity on April 19 means you have the opportunity to contribute something meaningful to your offspring, even if it's only a few words of wisdom.

The April 5 full moon lights up the career sector of your chart, Capricorn. If you've been in the dark about job issues, the first week of the month should bring matters out in the open. As the Aries sun moves through your 4th house of home and family, it will be eclipsed on the 19th of April. This is an important heads-up for you. If you've been neglecting the nearest and dearest of late, put them at the top of your priority list. No matter how high the success ladder you climb, a shaky home base could bring it tumbling down. Mercury retrograde is also in your 4th house this month, so check the small print on any home-related contracts.

**pisces****feb 19 - mar 20**

The air sign of Aquarius is another beneficiary of the romance going on between Mars and Venus in Gemini. Use the month of April to repay social invitations, shop for sexy clothes, and in general terms – enjoy yourself. A full moon on April 5 finds you making travel plans with a friend. Wait until Mercury goes direct on the 30th of the month before booking your reservations, however. You can expect a shake-up in your relationship with siblings or neighbors after the April 19 solar eclipse. Careful mental preparation beforehand will help you keep your cool when the crisis does arise.

Affairs of the heart may suddenly go off track in April, Pisces. With the lovers of the zodiac, Venus and Mars, sending difficult aspects to your sign, you'll be left wondering what went wrong. Fortunately, as Jupiter is retrograde in your 7th house of partners, significant others will soon see the error of their ways and return to you, if that's what you still want. A solar eclipse in your 2nd house of personal resources can mean a serious shake-up in your financial picture. Make sure you can afford any purchases you make in the next few months, or you will be paying the piper – in high interest rates.





## Carpenter, Kuhn, and Bonner Receive Athlete of the Year Honours

Laurentian University Athletics hosted its annual Athletic Banquet Friday March 26, 2004 at the Howard Johnson Hotel.

Athlete of the Year honours were awarded to Cassandra Carpenter (Kanata, Ont.), Stephanie Kuhn (Timmins, Ont.), and Marshall Bonner (Lotus, Ont.), and the Voyageur Award was presented to Dan Falcioni (Sudbury, Ont.).

Cassandra Carpenter was an integral part of the 2003-2004 Lady Vees Basketball squad. She averaged 14.5 points per game in her first season, and was a part of the OUA East and CIS Rookie team. Carpenter was also named a CIS All-Canadian, OUA All-Star, and won OUA East Rookie of the Year and CIS Rookie of the Year.

Stephanie Kuhn was a force to be reckoned with in the pool as she led the Lady Vees to top finishes at every meet. In her first year as a Lady Vee, Kuhn won a gold medal in the 100 FL, silver in the 50 FL, bronze in the 200 IM, and was named to the OUA All-Star team at the OUA Championships in Ottawa. At the CIS Championships in Toronto, Kuhn finished seventh in the 100 FL, tenth in the 50 FL, and tenth in the 100 FR.

Marshall Bonner was another rookie that the Aqua Vees could be proud of as he led the team to their impressive finishes at the OUA and CIS Championships. In Ottawa at the OUA Championships, Bonner won a gold medal in the 50 BK and silver in the 100 BK, as well as being named to the OUA All-Star team. The CIS Championships proved to be another stepping

stone in this rookie's career as he finished eighth in the 50 BK and ninth in the 100 BK.

Along with athlete of the year honours, the Voyageur award is a prestigious award that is given to a graduating student who has made an outstanding contribution to their sport and Voyageur Athletics throughout their university career. Dan Falcioni (Sudbury, Ont.) was this year's recipient and was a member of the Men's Soccer team. He was named to the OUA All-Star team and also was presented with the team's Most Valuable Player honours.

### Team Award Winners

#### Lady Vees Basketball

Cassandra Carpenter – Rookie of the Year  
Tierney Hoo – Most Valuable Player  
Lindsay Malott – Most Improved Player  
Cara Dodsley, Carolyn Plummer – Graduating Players

#### Lady Vees Nordic Skiing

Carley Kenwell – Rookie of the Year  
Emily Morel – Most Valuable Player  
Susie Wiseman – Graduating Players

#### Lady Vees Soccer

Marissa Izma – Rookie of the Year  
Susie Wiseman – Most Valuable Player  
Rebecca Franklin – Most Improved Player  
Susie Wiseman, Vanessa Mohes – Graduating Players

#### Lady Vees Swimming

Stephanie Kuhn – Rookie of the Year  
Stephanie Kuhn – Most Valuable Player  
Tiffany Paul – Most Improved Player

#### Lady Vees Cross-Country Running

Leila Angrand – Rookie of the Year  
Leila Angrand – Most Valuable Player  
Melanie Muise – Most Improved Player  
Natalie Lefort, Karine Duval, Stephanie Ratz, Kristie Bale, Melanie Muise – Graduating Players

#### Voyageur Basketball

Mike Raskevicius – Rookie of the Year  
Andrew Greig – Most Valuable Player  
Jesse Adjei – Most Improved Player  
Ryan Done – Most Inspirational Player  
Jim Jefferson – Graduating Player

#### Voyageur Swimming

Marshall Bonner – Rookie of the Year  
William Paul – Most Valuable Player  
Brent Poulsen – Most Improved Player

#### Voyageur Soccer

Dan Falcioni – Most Valuable Player  
Andrew Baker – Most Improved Player  
Greg Janveau, Wellesley Robertson, Dan Falcioni – Graduating Players

#### Voyageur Nordic Skiing

Phil Wood – Rookie of the Year  
Rob Bewick – Most Valuable Player  
Jason Lane – Graduating Player

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<b>St Johns NF</b> <b>\$84</b> <small>ONE WAY</small>	<b>Vancouver</b> <b>\$134</b> <small>ONE WAY</small>	<b>Amsterdam</b> <b>\$499<sup>†</sup></b>	<b>San Jose</b> <b>\$559<sup>†</sup></b> <small>(Costa Rica)</small>	<b>Auckland</b> <b>\$1299<sup>†</sup></b>

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# Mr. T's Legacy at Laurentian Eases Family's Grief

By: Thai-Tan (Maria) Windle  
Lambda Contributor

We seem to have existed in a time warp since our brother Tuan Ton-That, your Mr. T., left suddenly for his final journey on that cold January day. Days follow days, then turn into weeks marked by the rhythm of everyday life, yet time seems frozen around that Friday midday when we received the phone call from Sudbury, announcing our brother had passed away with no time to say goodbye.

Tuan's sudden departure left us in shock, but as we emerge from this grief thick as fog, his legacy naturally leads us back to you, the friends that surrounded him during his tenure at Laurentian. We would like to thank you so very much for all that you meant to him, especially all of you who came from near and far to the memorial service last January 19. We regret not being able to meet personally with all those who came, we could have used a bit more time, but we were overwhelmed and deeply touched by the outpouring of love for your teacher and colleague. That evening's subzero temperature was easily overcome by your warmth and kind remembrance for our loved one. We were honored to talk to Dr. Judith Woodsworth, and to many faculty members, among who were Dr. Brian McLean, Dr. David Robinson, Dr. Ed Willauer, and Dr. David Leabeater of the department of Economics. The booklet of student memories that Dr. Robinson so thoughtfully put together has become a treasure in our family. Our mother has been poring over it line by line, asking us about the meaning of this noun or that verb, taking great comfort in knowing her son had inspired such love and good will.

Canada, or more specifically, Sudbury, was Tuan's haven. Tuan was born and grew up in Vietnam. War, which had ravaged that part of the world and caused so much heartache, was the wind that uprooted him and dispersed our family over three continents. Yet Tuan was one of the fortunate few that overcame their circumstances. He finished his studies in the U.S. after several lean years, cobbling scholarships and assistantships here and there till he obtained his degrees, first at Chapman College, CA, then at Notre Dame University in South Bend, IN. Subsequently, when it came time to find employment, he took his first job with a major accounting firm in the U.S., was put in charge of petty cash, and lasted all of one week! His coat and tie were driving him crazy, he said, so he quit, and here is where you came along. He went north to Sudbury, found his true calling in teaching, and stayed on at Laurentian till this year.

We often wondered, "How long will he last?" and "Will he ever marry?" We thought of the cold winter months he endured. We knew of the long, bone-jarring bus rides he took, and imagined the quiet weekends he spent alone. From Tuan's perspective, what was noteworthy was the near ecstasy of spring fever, the fleeting, cool summers around this beautiful land of lakes and forests, and, most importantly, the fun he had in the classroom trying to keep his students from dozing off in early morning class. You talked of his enthusiasm and self-deprecating humor; he loved to tease you to keep you awake. You likened his voice to a cross between a chicken and a moose's; he referred to you as his "kids." With no children of his own, he was happy to have so many "kids" whom he could look after and befriend. We believe that, when he strode into that classroom in his jeans and sweatshirt, he was happiest in the exchange of ideas and knowledge. He was supportive of your efforts and truly glad with every one of your successes. Like a true educator, he wanted you to do your best at anything worth doing, to make the most

of whatever gifts you were given so that you could become productive citizens, able to give back to your community. He often expressed his gratitude to Laurentian University's administration and colleagues in the department of Economics for giving him the opportunity to make the most of his bilingualism. He also found the larger community of Sudbury a welcoming place where people show uncommon warmth and generosity befitting the long, harsh winters, so he stayed where he had found a home among friends.

A reserved fellow he was, yet Tuan cultivated many friendships among students and faculty going back to his student days, and remained faithful to them until the end. It is no surprise to us then to find that he chose his trusted lawyer, Nicola S. Munro, and his loyal advisor, James McNaughton, within the ranks of his former students. He was by nature a reticent and

*"Try to imagine a Vietnamese 'prince' in cut off jeans and raggedy T-shirt with the slogan 'Vote Waddell,' sitting on a rickety rocking chair held together with wire and cheering in English for the Fightin' Irish, and you have a glimpse of our brother, Mr. T. to you, 'Cootie' to his nieces and nephews."*

- Thai-Tan Windle

unassuming man, yet he would sometimes reveal jokingly that he was born a prince. To set the records straight, we come from a minor branch of the last ruling dynasty in Vietnam, hence his interest in collecting Vietnamese imperial blue and white antique porcelain.

We did not really enjoy any of the privileges of a so-called prince or aristocrat, but were often reminded to behave nobly as our name demanded it. In truth, Tuan may not have looked the part, but to us a prince he was for his searching intellect, and, most of all, for his big heart. He thus belonged to a much greatly esteemed aristocracy, one of the heart and mind, to which anyone can aspire but few can attain. He resided in a modest apartment, yet owned a great many dwellings, if you count his Department 56 Dickens Village, David Winters and Lilliput Lane miniature houses. He lived a frugal existence, but was generous to a fault toward others. He helped support our parents for years after they fled Vietnam and resettled in France. He helped put one of his sisters through medical residency, and assisted another with a down payment on her dream house. He mentioned he, too, had children, and we found out recently he had been sponsoring a few through World Vision. He who never thought of having children of his own found ways to be close to his nieces and nephews.

His intellectual curiosity took him to explore the universe through the works of Stephen Hawking, Isaac Asimov and Carl Sagan. He read voraciously in three languages, and spent hours researching our lineage going back five hundred years. Would you guess that he loved the sublime Gregorian chant as much as popular country and western music? His favorites were Allegri's Miserere and Willie Nelson's "Blue Eyes Crying in the Rain," and he was as happy listening to opera as to Vietnamese pop music. Football season would see him glued to the television set, watching and cheering for the underdog as well as for his alma mater, Notre Dame University, many times one and the same. Try to imagine a Vietnamese

"prince" in cut off jeans and raggedy T shirt with the slogan "Vote Waddell," sitting on a rickety rocking chair held together with wire and cheering in English for the Fightin' Irish, and you have a glimpse of our brother, Mr. T. to you, "Cootie" to his nieces and nephews.

A modest person, Tuan would probably scoff at us for putting the spotlight on him, but we would like to share our memories of him with you, remembering how a kind and humble man could find fun, gentle ways to touch so many lives. He is resting now in the South of France with our father, brother and sister, on a sunny hillside among tall pines and vineyards. We don't know what he would have said if he had had the time to bid goodbye to all of you, and which tone of voice he would have picked, "the high screech or the low bass" described so well by John Lennard. It's been left to us to pick up where he left off, so we would like to dedicate to you a poem we found among his notes, a favorite of his no doubt:

*I salute you: There is nothing I can give you which you have not got. But there is much, very much, that, while I can not give it, you can take.*

*No Heaven can come to us unless our heart finds rest in today. Take Heaven! No Peace lies in the future which is not hidden in this present little instant. Take Peace.*

*The gloom of the world is but a shadow. Behind it, yet within our reach, is Joy. There is radiance and glory in the darkness could we but see, and to see, we have only to look. And so, at this time I greet you.*

*Not quite as the world sends greetings, but with profound esteem and with prayer that for you now and forever the day breaks and the shadows flee away. (Fra Giovanni, 1513)*

To honor his life and his work, our family is working to establish a scholarship fund at Laurentian University to benefit students. We would like to extend our deep appreciation to those of you who sent contributions in lieu of flowers. Details will be forthcoming from the trustees of his estate. If we could be so bold as to request one thing of you, that would be that you spare a kind thought or a prayer or two for one who loved you and chose to live in your midst.

Sincerely and with best regards always,  
Thai-Tan (Maria) Windle and Thai-Vi Ton-Nu, for the Ton-That family.



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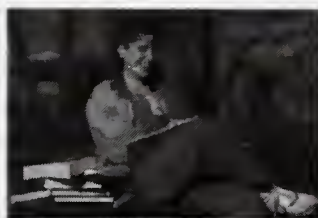
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# National Technology Conference to Take Place at Laurentian University

From May 25-28, Laurentian University will host the 31st annual Association for Media and Technology in Education in Canada (AMTEC) Conference. Entitled "In Touch With Technology," the conference will bring together academics, health educators, instructional designers, on-line developers, librarians, technology and technical professionals, and industry practitioners. This conference will take place in the University's Fraser Building.

Participants will learn more about newest learning technologies and techniques. They will also meet leading developers and distributors of quality educational products. The conference will promote good practice, current technologies and solutions in the use of learning in education. It will also offer participants the opportunity network with experts in the field of learning technologies.

The conference program will consist of bilingual keynote speakers and session speakers, workshops, trade show, award lunches, the Panasonic Media Festival. Presenting at the con-

ference will be Tony Bates, President and CEO of Tony Bates Associates Ltd.; Dennis Dicks, Concordia University; Cindy Ives, McGill and Concordia Universities; Maxim Jean-Louis, Contact North; and Louise Sauvé, Télé-université.

The AMTEC Conference trade show, to be held in the Science cafeteria, will benefit from the presence of Panasonic of Canada, Sony of Canada, Precision Camera, Sirsi, Microscience, Adcom, Smartworx, Sharp, Applied Electronics, P.A. Plus Productions, and Elmo.

AMTEC is a Pan-Canadian community of educators, media producers, researchers, librarians and other professional staff who work to facilitate and improve learning, in all sectors of education, through the appropriate application and integration of educational technology. Its members are on the leading edge of technology.

For more information on the AMTEC Conference or to register, please visit the website [www.amtec.laurentian.ca](http://www.amtec.laurentian.ca). Registration for the conference is \$500.

## Continuing Education Offers Students Opportunity to Fast-Track

By: **Debbie Sauvé**  
 Lambda Contributor

So the winter semester is almost over. That means that term papers are handed in, major assignments are completed, and summer break is just around the corner.

Nonetheless, although many of us are tempted to kick the books for the next four months, it is important to remember that the Centre for Continuing Education Spring Session's registration deadline is also closely approaching.

"We recommend that you apply for Spring Session courses by April 30 to avoid a late fee," Bettina Bockerhoff-Macdonald, senior program manager for the Centre for Continuing Education said. "it is a great opportunity for returning students to fast track their degree or to lighten their course load for the upcoming year."

Returning students are required to register for courses online through WebAdvisor. However, you are not officially registered until you have paid your fees.

Tuition fees for continuing education courses vary depending on whether you are taking the course in-class at Laurentian

University or by correspondence through Envision.

In-class, the tuition for a three-credit course is \$430.80 and \$861.60 for six credits. Through Envision, it costs \$183.60 for one credit, \$470.80 for three, and \$901.60 for six. The variation in fees is due to extra adminis-

trative costs associated with mailing the of materials to you for courses taken through correspondence.

you do not get reimbursed for the tuition costs in the upcoming year if you take a mandatory course during the spring."

The upcoming session is scheduled to run from May 3 to July 22 for both on and off-campus courses.

"For students writing exams off-campus, they will be informed where and when to write their finals within their community," Bockerhoff-Macdonald continued. "Likely places to write include an exam centre, a community college or even a high school. In all cases, an invigilator is required to supervise and hand out the materials."

To choose a course for the spring session, students are asked to pick up a course calendar at the Centre for Continuing Education office, which is located on the first-floor of the R.D. Parker Building. The centre can also be reached by phone at 673-6569 or by e-mail at [cce.1@laurentian.ca](mailto:cce.1@laurentian.ca).

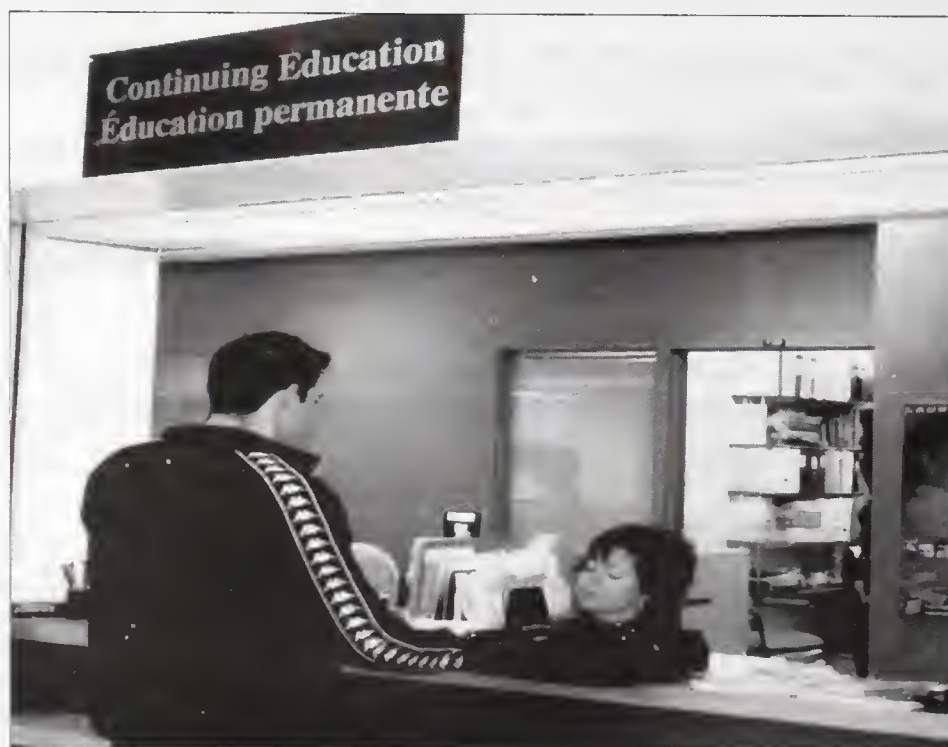
### Useful Websites:

Centre for Continuing Education:

[www.cce.laurentian.ca](http://www.cce.laurentian.ca)

Centre d'éducation permanente:

[www.cep.laurentienne.ca](http://www.cep.laurentienne.ca)



trative costs associated with mailing the of materials to you for courses taken through correspondence.

"Courses offered through Continuing Education are individual sessions," Bockerhoff-Macdonald said. "Consequently,



# Feminism Often Misunderstood According to Student

By: Terri Lepage  
Lambda Contributor

Unfortunately feminism and what it means to be a feminist is often misunderstood. There is no singular definition of feminism nor is there only one way to be a feminist. In fact, the strength of feminism lies in its diversity and the endless possibilities that it offers for change. It should however be noted that being a woman in and of itself does not make one a supporter of feminism or a feminist.

Feminism and being a feminist is about action. As for a definition, I myself am partial to the definition offered by bell Hooks. She writes, "simply put, feminism is a movement to end sexism, sexist exploitation and oppression." Hooks' definition speaks to feminism's concern not only with oppression due to sex-

ism but to the many other forms of oppression such as racism, classism, heterosexism, ageism, sizism, and ableism, etc. that women face.

Moreover, it is important to recognize that there is a large spectrum of feminist perspectives that offer their own unique understanding of the sources of women's oppression and the solutions to ending these oppressions. This spectrum includes Liberal Feminism, Radical Feminism, Marxist Feminism, Socialist Feminism, Anti-Racist Feminism, and Postmodern Feminism to name only a few. Contrary to popular belief, none of these perspectives including radical feminism, promotes "man hating" nor works towards "female superiority".

Lastly, feminism is generally divided into three waves. To offer a very simplistic and incomplete overview of some of the issues

addressed in each of these waves: the first wave of feminism is best known for the suffrage movement (women's right to vote), the second wave saw equal pay for equal work legislation, changes in sexual assault laws, censorship vs. anti-censorship debates and challenges to supposed "natural/normal" nature of heterosexuality. The third is characterized in my opinion by diversity and attention to difference. Issues of race, class, sexuality, ability, age and gender are but a few of the issues taken up by this wave.

Should you be interested in learning more about feminism, the books, *Turbo Chick: Talking Young Feminisms* and *Feminism is for Everybody* are wonderful resources as well as the Laurentian Women's Centre, located in L221, which has a variety of books, magazines, and videos to offer to both female and male visitors.

## Local Resident to Walk 60 Kilometres Over 2 Days in *The Weekend to End Breast Cancer*, Benefiting the Princess Margaret Hospital

By: Meghan Beutler  
Lambda Contributor

On September 10-12, 2004, Kirsten Beutler 4<sup>th</sup> Year Kinesiology student, Jennifer Haig 4<sup>th</sup> Biomedical student and Breanne Atkinson 3<sup>rd</sup> year Law and Justice student all will join approximately 4,000 other dedicated women and men for *The Weekend to End Breast Cancer benefiting the Princess Margaret Hospital*.

The dedicated participants will walk 60 kilometres over two days to raise significant money and awareness for the Princess Margaret Hospital's breast cancer programs in Toronto. One in nine Canadian women will be diagnosed with breast cancer in her lifetime. The participants of *The Weekend to End Breast Cancer* have the opportunity to make a personal difference in the fight against breast cancer, and collectively, will have an enormous impact on breast cancer research funding.

This is the second year of *The Weekend to End Breast Cancer* in Toronto, a multi-day event for those who are looking to do something more in the fight against breast cancer. More than \$12 million was raised in the first ever *Weekend to End Breast Cancer* in Toronto, last September 2003.

*The Weekend to End Breast Cancer* in Toronto begins with the Opening Ceremony the morning of Saturday September 11th and finishes with a hope-filled afternoon Closing Ceremony, Sunday September 12th. Approximately 4,000 walkers will

cover approximately 30 kilometres a day, traveling at their own pace. The walkers will be supported by some 350 volunteer crew members who will provide meals, water and snack stops, gear transport, hot showers, portable restrooms, safety on the streets, and comprehensive medical services.

### Personal Motivation:

Kirsten Beutler team captain has decided to participate in *The Weekend to End Breast Cancer* for the second year in a row, benefiting the Princess Margaret Hospital.

"It was about last year at this time that one of my good friends suggested walking in this walk for breast cancer. I was IN I didn't even bother listening to the details. It was a few days later as I was excitedly trying to persuade others to join that I realized...OH MY 60km is a REALLY long way. Then the more I talked and the faster the months past I realized that the minimum \$2000 that I had to raise, was ALOT for one person to raise. But I SUCCEEDED successfully and enjoyed every moment.

Then came this January and a lot had happened in that year a good few friends had loved ones diagnosed with breast cancer, and we celebrated the clean bills of health of others!! It all made me think and realize that this 60 km and raising \$2000 that I did the year before was nothing in comparison. Soooo.....I set out this year, did some chatting with friends and decided to DO IT all over again!!! This year however I have increased my personal goal, to increase the challenge for

myself as well as give more back to such an AMAZING cause. I am counting on my family, friends and community to help on all dimensions of this walk."

In order to participate, each walker must train for the event and must commit to raising a minimum of \$2,000 (many walkers will raise more than the minimum). To help prepare for *The Weekend to End Breast Cancer*, benefiting the Princess Margaret Hospital, each walker is supported by coaches who will help him or her in all Foundation aspects of training and fundraising; clinics, meetings, training sessions and mailings provide ongoing support. To make a greater impact, Kirsten Beutler (walker number 42489-1), Jen Haig (walker number 42685-5) and Breanne Atkinson (walker number 42691-4) has set a personal fundraising goal of \$4000, \$2000 and \$2000 respectively. To help them reach their goals, visit [www.endcancer.ca](http://www.endcancer.ca) to make a donation online or call (416) 815-9255. If you would like to make a cheque donation, please send your donation to:

**The Weekend to End Breast Cancer**  
100 Yonge Street, Suite 1204  
Toronto, On M5C 2W1

Cheques should be payable to *The Weekend to End Breast Cancer*. Please include the following information with the donation to ensure the participant is properly credited:  
Walker Name  
Walker Number  
For more information on the event or to Register please go to

[www.endcancer.ca](http://www.endcancer.ca) or call (416) 815-9255.

For some participants, *The Weekend to End Breast Cancer*, benefiting the Princess Margaret Hospital, is a tribute to those lost to breast cancer, for others it is a rally for loved ones still fighting the disease, and for many it is a celebration of their lives as breast cancer survivors. Whatever their inspiration, all walkers have the same goal: to raise money to save lives and to help put an end to breast cancer.

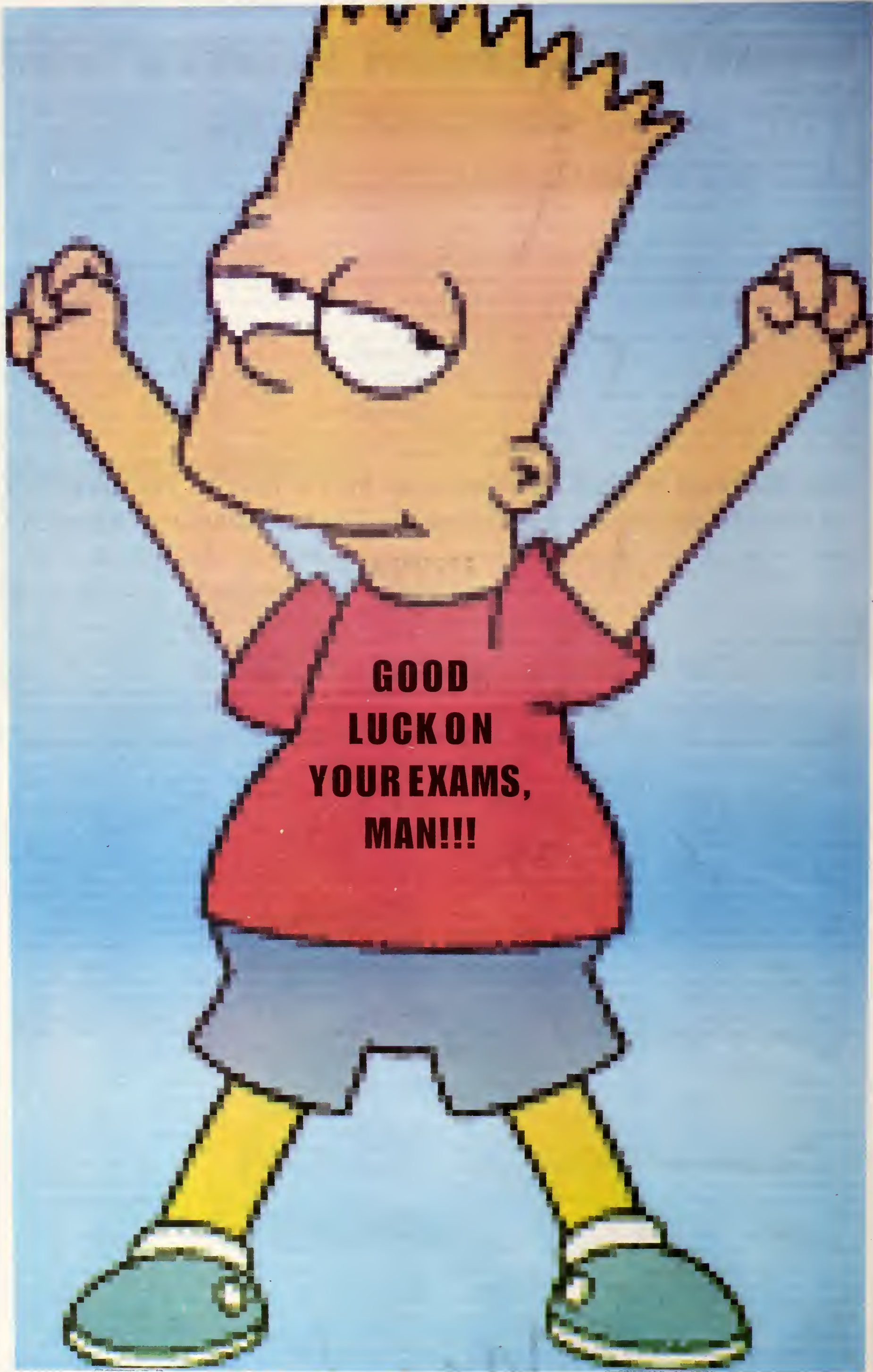
### **About Princess Margaret Hospital**

Net proceeds from *The Weekend to End Breast Cancer* will benefit the Princess Margaret Hospital, a leader in the fight against cancer and the largest institution in Canada exclusively devoted to cancer treatment, research, and education. Funds raised will be primarily directed to groundbreaking research in breast cancer, moving us a step closer to discovering a cure. At Princess Margaret Hospital, the focus is on translational research—research findings that are quickly transformed into improved treatment options and enhanced patient care.

### **Some Princess Margaret Hospital Statistics**

New patients: 10,000  
Admissions: 3,550  
Beds: 130  
Clinic visits: 172,000  
Chemotherapy visits: 21,200  
Radiation therapy courses: 8,200  
Estimated new cancer cases for 2004: 19,148





**GOOD  
LUCK ON  
YOUR EXAMS,  
MAN!!!**